

## CLAIMS

### We claim:

1. A food having improved texture and flavor comprising:
  - a minimally-nutritive sugar substitute,
  - mayonnaise, and,
  - tomato paste,wherein said minimally-nutritive sugar substitute, mayonnaise, and tomato paste are blended until a relatively homogenous mixture of all the ingredients is provided.
2. A food as in claim 1 further comprising water, wherein said water is added during blending.
3. A food as in claim 1 further comprising oil, wherein said oil is added during blending.
4. A food as in claim 1 wherein said minimally-nutritive sugar substitute is sucralose.
5. A food as in claim 1 further comprising boiled eggs, wherein said eggs are mixed with said other ingredients at low shear until a relatively homogeneous mixture of all the ingredients is reached.
6. A food comprising an admixture of konjac glucomannan and animal based protein concentrate in a varying ratio by volume and heating said admixture above 100 degrees Celsius.
7. A food as in claim 6 wherein said ratio is determined in order to provide a predetermined texture.

8. A food as in claim 6 wherein said animal based protein concentrate is selected from the group consisting of fish protein concentrate, eggs, pork rinds, pork, beef, chicken, and turkey.
9. A dough comprising:
  - konjac glucomannan and
  - animal based protein concentrate, wherein gas bubbles are introduced into said dough using mechanical and/or chemical methods.
10. A dough as in claim 9 wherein said mechanical methods comprise pressurization of said dough.
11. A dough as in claim 10 wherein said mechanical methods comprise high speed whipping of said dough.
12. A dough as in claim 11 wherein said chemical methods comprise baking soda and/or baking powder.
13. An imitation seafood comprising:
  - konjac glucomannan;
  - animal based protein concentrate;
  - predetermined seafood flavoring; and,
  - binding agents.
14. An imitation seafood as in claim 13 wherein said predetermined seafood flavoring is selected from the group consisting of crab, lobster, scallops, and shrimp.
15. An imitation seafood as in claim 13 wherein said binding agents are selected from the group consisting of edible glues.

16. An imitation seafood as in claim 13 wherein said seafood is in sheet form.
17. An imitation seafood as in claim 16 wherein said seafood in sheet form further comprises a layer of konjac and a layer of animal based protein concentrate.
18. A food having improved texture and flavor comprising:
- a minimally-nutritive sugar substitute,
  - whipping cream, and,
  - flavoring,
- wherein said minimally-nutritive sugar substitute, whipping cream, and flavoring are blended until a relatively homogenous mixture of all the ingredients is provided.
19. A food as in claim 18 further comprising water, wherein said water is added during blending.
20. A food as in claim 18 wherein said minimally-nutritive sugar substitute is sucralose.
21. A method for losing weight comprising the ingestion of any of the products of claims 1 through 20.